Record Nr. UNINA9910814139503321 Autore Etnier Jennifer L **Titolo** Bring your "A" game: a young athlete's guide to mental toughness // Jennifer L. Etnier Chapel Hill,: University of North Carolina Press, c2009 Pubbl/distr/stampa 979-88-908832-9-2 **ISBN** 0-8078-9851-1 Edizione [1st ed.] Descrizione fisica 1 online resource (213 p.) Disciplina 796.001/9 796.0019 Sports - Psychological aspects Soggetti Athletes - Training of Athletes - Psychology Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di contenuto Contents; 1 Introduction; 2 What Does It Take to Perform at a High Level in Sport?; 3 Physical Characteristics; 4 Technical Skills and Tactical Abilities: 5 Selecting a Coach and Team: 6 Mental Toughness: 7 Goal Setting: 8 Outcome Goals versus Process Goals: 9 Attributions: 10 Self-Talk; 11 Controlling the Controllables; 12 Energy Management; 13 Pre-Performance Routines: 14 Imagery: 15 Burnout: 16 Confidence Building and Maintenance; 17 Sacrifices, Balance, and Dealing with Disappointments and Adversity; 18 Dealing with Parents; 19 Conclusion; Acknowledgments; Note to Coaches; Note to Parents Index

Sommario/riassunto

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